

Gunnison High Tri 2016

KIDS TRIATHLON FRIDAY SEPTEMBER 9TH

ADULT TRIATHLON SATURDAY SEPTEMBER 10th

FAQ's:

- **What about the weather?** If, in the opinion of the Race Committee, at ANY time during the race, the conditions are jeopardizing the safety of the participants then the event will be stopped. It may, or may not, be re-started, and no refunds will be issued. Bring layers for the ever-changing Colorado weather during this time of year.
- **How is the swim run?** Pay attention to heat information, lap counters will notify you on last length, be supportive of other swimmers and volunteers. Due to the continuous swim heats we will move through swimmers quickly. Pay attention to heating information!
- **How do I ride my bike out of the transition zone?** WALK your bike until you cross the "mount" line, have your helmet buckled before you get on your bike, nobody ever got penalized for having their helmet on too long! Teams: make sure you transferred your timing chip! Penalties for No Helmet or riding in transition areas will be 5 minutes each occurrence.
- **Are there any specific traffic regulations or rules about the bike course?** Review the map, ride under control on the right, be prepared to deal with on your own minor mechanical (flats, etc.) repairs, NO drafting or pacing, pass on the left after making yourself known to others; **Follow all applicable traffic laws, as well as directions of officers and staff, as most roads on the course ARE OPEN TO TRAFFIC!!** There will be 1 or 2 aid stations along the bike course. For safety reasons NO headphones on the bike course! It is the responsibility of the participant to know the course, if the participant does not follow the proper course and distance they will be disqualified.
- **How do I switch from my bike to the run?** Once again: WALK with your bike after you cross the "dis-mount" line. Teams: make sure you transferred your timing chip!
- **Are there any specific traffic regulations or rules regarding the run course?** Run with your head, and your legs WILL catch up! There will be 2 or 3 aid stations along the run course. **Follow all applicable traffic laws, as well as directions of officers and staff, as most roads on the course ARE OPEN TO TRAFFIC – Racers will need to Cross 135 at their discretion.** For safety reasons NO headphones on the run course! It is the responsibility of the participant to know the course, if the participant does not follow the proper course and distance they will be disqualified. Have fun, and encourage others!
- **What are the courses and how long are the swim, bike, and run distances?** The adult triathlon starts with a 500-yard pool swim, 13-mile road ride with a 2.5-mile section of gravel road, finishing with a 4-mile Road/Trail run through the beautiful Van Tuyl trail system.
- **OTHER RULES:**
- All bike riders (participants) MUST wear Helmets!
- NO Headphones or music (iPod, mp3 players) on the Bike & Run Courses-Volunteers and other participants may need to communicate with you and you need to hear the traffic.
- No Dogs allowed on the courses.
- The transition area is for Participants ONLY! Participants under the age of 16 can be accompanied by ONE adult or guardian in the transition area.